

NOVEMBER 2018

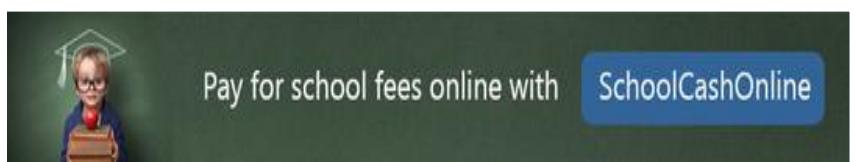
# KAHS

## NEWSLETTER



### Remembrance Day Assembly

There will be a Remembrance Day Assembly on Friday, November 9<sup>th</sup> at 10:30 a.m. in the gym. Parents, families and the community are welcome to attend.



Option class, P.E. and Athletic fees have now been posted to SchoolCashOnline, and are due by November 30<sup>th</sup>. You can view and pay all your school fees online at <https://palliserregional.schoolcashonline.com>, or by clicking the link at [www.kateandrewshighschool.com](http://www.kateandrewshighschool.com). Through SchoolCashOnline, you can pay using credit card, direct withdrawal from an account of your choice or e-cheque.

Email reminders have been sent out.

If you have questions, or need to discuss a payment plan please contact the school office.

### NO SCHOOL

There will be no school for students on the following days:

**Monday, November 12<sup>th</sup>:**  
Remembrance Day Stat. Holiday

**Tuesday, November 13<sup>th</sup>:**  
Division-wide PD Day

**Friday, November 23<sup>rd</sup>:**  
Site PD Day

### **PRIDE Breast Cancer Donation**

In October, the Sr Boys volleyball team raised money towards breast cancer research during their home tournament. They were able to raise and donate approximately \$500! GO PRIDE

### **REPORT CARDS**

Report cards will be mailed to parents/guardians on **Thursday, November 8<sup>th</sup>**.

## PRINCIPALS' MESSAGE

Hi Kate Andrews and Coaldale families,

As we progress into November it has become apparent that time is fleeting. My purpose for this principals' message is to talk about the Advisory Class we have in our schedule this year. In fact, the real conversation is about mental health. On a daily basis, we ask our students to meet with a teacher for 8 minutes between classes in the morning. This structure allows for us to do many things as a school when we want to organize our students for various functions. This has greater importance in a larger school and become more important as we continue to grow.

More importantly, as a staff, we wanted to create a 'mechanism' which would allow each student coming into grade 9 to have one teacher/adult in the building that would stay with that child for all 4 years. The hope is that the student and teacher will have a connection, so as to ensure every child has at least one adult they can talk to when they really need it.

This potential connection along with the Advisory Class can play a major role in providing opportunities to bolster student well-being in Kate Andrews. The benefits are huge and hopefully obvious to see. As our students build relationships with their advising teacher and other students, further opportunities will evolve which allow us to build school spirit. Building school spirit will be part of providing a positive social network for all students. Our recent food drive not only involved reaching out to the community but also included a challenge between Advisory classes to bring in the most food items. The competitive spirit of the even is a win-win scenario that supports our community and our school. As a follow up, winning classes were selected but for a pizza party, but in the end we chose to have an extended Advisory Class and feed all of our students. Food, obviously being a way to bring our students together.

Throughout the year and beyond we will further look for opportunities to support the well being of our students, and will educate them along the way on matters of digital citizenship, nutrition, importance of sleep, as well as , understanding mental health and how we can support one another.

Regards,

Daniel Grimes

### **POWERSCHOOL PARENT/STUDENT PORTAL**

We are excited to announce that we are now able to provide parents and students with the ability to electronically access student information such as attendance and grades via the internet.

A letter, including instructions for how to set up your parent & student portals will be included with report cards that are being mailed out on Thursday, November 8<sup>th</sup>.

We will also be setting up a computer station in the office, so that if parents or students require assistance in setting up their account, we can help them in person.

Please watch for this letter, and contact our office if you have any questions.

## ***FEED THE PRIDE CONTINUES!***

Over the past year, we have been able to provide healthy snacks for students every day, through a grant that we received from the **Coaldale Community Wellness Association**. The funding for this program began on December 1<sup>st</sup>, 2017 and will end on December 1<sup>st</sup>, 2018.

We recently received notice that we will be able to continue this program, thanks to funding from a provincial government initiative to provide healthy food to Alberta students. We are very excited to be able to continue our Feed the Pride program!

***As always, these healthy snacks will be available to all students, free of charge.***

## ***Information Verification/FOIPP/ Technology Consent Forms***

At the beginning of the school year, each student was given a package which included a **WHITE** Information Verification Form, a **SALMON** coloured Information Technology User Agreement/Permission Form and a **GOLD** coloured Consents for Information Disclosure. While most of these forms have been returned to the office, there are still some missing. We have sent new forms home with students who have not returned them yet. ***These forms are important and must be completed and returned to the office.***

The **Information Verification Form** helps us to keep our contact information for student's families up to date, and allows us to be able to complete government forms, such as requests from Canada Revenue Agency, when they ask for confirmation of where a student lived and who they lived with. Without consistent, proper documentation, we are not able to complete such requests.

The **FOIPP** and **Information Technology Consents** are also important so that we know what permissions students have in regards to Media & Information release and computer/internet access on School computers.

Thank-you to everyone who returned their signed forms promptly. There have also been many students who have retrieved the signed forms from their lockers this past week, that have been signed since September. If you have received new forms at home, but you think you signed these back in September, perhaps ask your child to check their locker or backpack for them. Additional, blank forms can be picked up from the office if needed.



## ***Lifetouch Photo Retake Studio Days***

For any student who was unable to make it for retakes, Lifetouch is holding a **studio retake day** at their office in Lethbridge on **November 16<sup>th</sup> and November 23<sup>rd</sup> from 1:10pm – 3:30 pm.**



The Lethbridge Lifetouch office is located at:  
**Unit 120 – 719, 4<sup>th</sup> Ave S.**

**To book an appointment, please contact Lisa Kennedy at  
403-327-2658 or email to lisakennedy@lifetouch.ca**



## "Me to We" Cafe

### "WE" WEDS

**\$6.00 LUNCHES!**



**Weds. Nov. 7<sup>th</sup>**

**Hotdog/Chili dog, pop/water & bag of chips**

**Weds. Nov. 14<sup>th</sup>**

**Hamburger, pop/water & bag of chips**

**Weds. Nov. 21<sup>st</sup>**

**Taco in a bag with pop or water**

**Weds. Nov. 28<sup>th</sup>**

**Pulled Pork Bun, pop/water & bag of chips**



**Brought to you by KAH'S...**

**Create Change**

## KAHS Fine Arts Night

Please join us on **Tuesday, November 27 at 6:30 pm** for Kate Andrew High School's 6<sup>th</sup> Annual Fine Arts Night.

The evening will feature a unique and interactive mix of drama, music and art.

Admission is free, however the Fine Arts students will be collecting non-perishable items for donation to the food bank. There will also be handmade cards created by the Art students for sale throughout the evening.



The Rotary club is looking for **Grade 11 & 12 students** to apply to go on a trip to the Regina Farm Show from November 21-25.



Any interested student should contact Bev at 403-634-8660 ASAP.



## *Awards Ceremony (2017/2018 School Year)*

Our Annual Fall Awards Ceremony that was originally scheduled for October, had to be rescheduled. It will now occur during Period 3 (right after lunch) on Thursday, November 22<sup>nd</sup>. More information will follow and parents/guardians of students receiving awards will be notified so that they may attend the Awards Assembly, if they wish to do so.

## *Night of Lights*

Staff and Student Council members will be participating in the Town of Coaldale's Night of Lights Festival on November 23<sup>rd</sup>. If any other students would like to help out they are encouraged to volunteer!

## *KAHS Food Drive*

This year's Annual KA Food Drive was a huge success! We were able to fill our bus and deliver **4053 Food Items** to the Coaldale Foodbank! Thank-you to the Coaldale community and the staff, students and parent volunteers that made this possible!



## *Christmas Concert*

The KA Band, Choir and Jazz Band will present their annual **Christmas Concert** on **Tuesday, December 18<sup>th</sup> at 7:00 p.m.** in the KAHS Gymnasium. Admission is free and all are welcome to attend!

# BASKETBALL TRYOUTS

## GR 9 GIRLS

**THURSDAY NOV 15**  
**3:45 - 5:30**

**MONDAY NOV 19**  
**3:45-5:30**

## GR 9 BOYS

**THURSDAY NOV 15**  
**5:30-7:15**

**MONDAY NOV 19**  
**5:30-7:15**

## GR 10-12 BOYS

**TUESDAY NOV 6**  
**7:15 - 9:00**

**WEDNESDAY NOV 7**  
**3:45 - 5:30**

## GR 10-12 GIRLS

**TUESDAY NOV 6**  
**5:30 - 7:15**

**THURSDAY NOV 8**  
**3:45- 5:30**



# Healthy Teens

November 2018 Parent Newsletter



## Can Your Teen Say No to Drugs?

Saying no is a skill some acquire easily, but most of us need to be taught or we learn from our experiences. If you want to protect your teen from harmful involvement with alcohol, tobacco, cannabis and other drugs, it's important to arm them with that skill, because you won't be there the first time someone offers him or alcohol or other recreational drugs.

The most effective way for teens to learn to say no is practice. Try role-playing with your teen. One of you can play a person who is offering drugs, and the other practices refusing. Then reverse roles.

The first step to saying no is finding your inner strength:

1. Check your "gut". This

means consulting your moral sense, which will remind you of what your value and what you prefer to do.

2. Present yourself assertively. Stand up straight, maintain eye contact, speak politely and confidently.
3. Prepare yourself to tolerate other people's reaction.

Brainstorm with your teen to find words that work best for them. Use firm language, humour, or change the subject. When all else fails, teach your teen to walk away or find help. Tell your teen it's okay to call you when they feel threatened.

 If you need help teaching your teen refusal skills contact a school counsellor or contact your local AHS addiction and mental health office  
<https://www.albertahealthservices.ca/info/Page11536.aspx>

## Articles

Can Your Teen Say No to Drugs?

Physical Activity: The benefits for teenagers

## Reminder

Routine immunization consent forms were sent home last month with Grade 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit  
<http://www.albertahealthservices.ca/influenza.asp>



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

# Healthy Teens

November 2018 Parent Newsletter

## Physical Activity: The benefits for teenagers

Participating in physical activity and sports holds many benefits to teenagers such as building life/career skills, supporting teamwork and developing leadership abilities. Physical activity can support improved self-esteem, self-image, and self-confidence among teens, as well as lower rates of depression. Even with all of these benefits to being active many teenagers are not meeting the recommendations for physical activity. According to Statistics Canada:

- 6% of girls and 13% of boys meet the Canadian Physical Activity Guidelines of 60 minutes of moderate to vigorous physical activity daily.
- 19% of girls and 35% of boys participate in sport.

Here are some ways you can encourage your teen to be more active.

1. **Model active behaviour.** Parent participation in physical activity is linked to an increase in their child's participation. You can be a positive role model by trying new activities, being active on



your own or with your teen, or cheering for them.

2. **Make it fun!** Many teens who have been involved in sports in their younger years start to drop out in their teens. The reason may be that it has become more competitive and less about enjoyment. As a parent, you can encourage participation and fun over accomplishment and celebrate personal bests. Don't forget that social physical activity (pick up hockey on the street) or active transportation (biking, skateboarding, walking) is just as valuable as organized sport!

3. **Allow for your teen's input.** The teenage years involve a lot of emotional and physical changes. By having a conversation with your teen, you are more likely to find options that allow them to feel comfortable and interested while participating in physical activity.

By continuing to encourage your teen in a positive manner, you can help them to stay involved and benefit from an active lifestyle.

# November 2018



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 	2	3
4	5 Quarter 2 Begins (Grade 9)	6 HS Basketball Tryouts Augustana Campus Information Booth @ Lunch Break	7 HS Basketball Tryouts Gr. 9 Take your Kid to Work Day FORMS DUE  Hotdog/ Chilidog LUNCH	8 Report Cards Mailed Home HS Basketball Tryouts Lethbridge College Open House 	9 Remembrance Day Assembly @ 10:30	10
11	12 NO SCHOOL 	13 NO SCHOOL	14 Take your kid to work day – Gr. 9 Student Leadership Conference  Hamburger Lunch	15 Grade 9 Basketball tryouts 	16	17
18	19 Grade 9 Basketball Tryouts	20	21  Taco in A Bag	22 2017/2018 School Year AWARDS CEREMONY 	23 NO SCHOOL	24
25	26	27 Josten's Grad Ring Orders @ Lunch Fine Arts Night @ 6:30pm	28  Pulled Pork	29 	30	